



# Traveling with Kids

Pediatric travel, the way parents actually pack.

## How to use this checklist

1. Save the .txt version into your phone's Notes app for an editable checklist.
2. Print this PDF if you prefer paper, or save it to your phone for offline access.
3. Open it in the Vivid Vault app to keep your medical to-dos in one synced place.

### **Keep this list living, in the Vivid Vault app**

The app sends reminders for refills and follow-ups and tracks your medical to-dos in one place that travels with you.

Get the app: [vividvaulthealth.org](https://vividvaulthealth.org)







A nurse-built checklist for busy parents. Paste into Notes and check off as you pack.

**EACH CHILD'S BASICS (write in Notes)**

- Child 1 name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_
- Child 2 name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_
- Child 3 name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_
- Child 4 name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_
- Child 5 name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_
- Child 6 name: \_\_\_\_\_ DOB: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**In the Vivid Vault app:** Most pediatric meds are dosed by weight. Update height and weight before every trip so an ER team or urgent care anywhere in the world can dose accurately on the first try.

**2 WEEKS BEFORE THE TRIP**

- Time zones and meds.** Talk to the pediatrician's office about whether to shift doses gradually before you leave or on arrival, and what to do for a missed dose. 
- Call your insurance.** Ask whether your plan covers care out of state and out of country, what counts as in-network at your destination, and how to file a claim if you pay up front.
- Refills.** Confirm prescription supply covers the trip plus 7 extra days. Ask for a written backup prescription in generic name.
- Medication list.** Pull each child's current meds with dose, frequency, and reason. Keep a copy in your phone. 
- Immunization records.** Download and print for each child. Some destinations and cruise lines ask. 
- Pediatrician contact.** Save the office name, direct line, and after-hours number. 
- Allergies and diet.** Save food allergies and dietary restrictions for each child. Print a translated allergy card if you are traveling internationally. 
- Insurance cards.** Save front and back photos of each child's health insurance card. 
- Doctor's letter for medical equipment.** If your child flies with a nebulizer, CPAP, feeding pump, oxygen concentrator, syringes, or liquid meds over 3.4 oz, get a letter on letterhead listing the equipment, the diagnosis, and that it must stay in the cabin. Keep a copy in your phone.
- Nearest pediatric hospital.** Look up the closest pediatric hospital and pediatric ER at your destination. Save the address and phone number.

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- Travel medical insurance.** If your plan does not cover care abroad, buy a policy that covers minors and pre-existing conditions.



### 1 WEEK BEFORE THE TRIP

- Med kit.** Thermometer, infant or children's acetaminophen and ibuprofen with the dosing syringe, oral rehydration packets, bandages, antibiotic ointment, hydrocortisone, motion sickness remedy your pediatrician approves, and any rescue inhaler or epinephrine auto-injector.
- Refills and expirations.** Refill auto-injectors and rescue inhalers. Check expiration dates on every bottle.
- Day-pack supply.** Pack 2 to 3 days of meds in the diaper bag or daypack, separate from the main carry-on.
- Dose pouches.** Pre-cut and label daily doses by date and time, especially across time zones.
- Devices.** If you use a feeding pump, nebulizer, or other device, pack the manual, charger, plug adapter, and a backup battery.
- Cold chain.** Bring a small cooler or insulated pouch with ice packs for any refrigerated medication. Confirm TSA and airline rules for medical liquids.

### DAY OF TRAVEL

- Carry-on rules.** All meds in carry-on, in original labeled bottles. Never check medication.
- Snacks.** Stash for blood sugar dips, picky eaters, and delayed meals.
- Comfort and clothes.** One comfort item, one change of clothes per child, and 2 extra masks if anyone is immunocompromised.
- ID and consent.** Photo ID for older kids. Birth certificate copy or notarized custody letter if you are traveling without the other parent.
- Hygiene.** Hand sanitizer, wipes, and a small wet bag for spills or sick bags.

### WHILE YOU ARE THERE

- Time-zone reminders.** Set medication reminders on your phone in the local time zone. The Vivid Vault app adjusts your medication schedule to the local time zone automatically. 
- Visit summaries.** After any clinic, urgent care, or ER visit, ask for a copy of the visit summary. Load it directly into the app so it follows your child home. 
- Water rules.** In a country with questionable water, kids drink only bottled or canned beverages. No ice. Brush teeth with bottled water. Skip raw fruit and salads you cannot peel.
- Dehydration signs.** Fewer wet diapers, dry lips, no tears when crying, sunken eyes, unusual sleepiness. Start oral rehydration early.

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- Avoid the hottest hours.** Plan indoor or shaded activities between roughly 10 a.m. and 4 p.m. Reapply sunscreen every 2 hours and after water. Use age-appropriate insect repellent.
- Trust your gut.** If a child seems off, seek care. Pediatric symptoms move fast.

### KIDS WITH ALLERGIES

- Auto-injectors.** Carry two epinephrine auto-injectors at all times. Check expirations before you leave.
- Translated allergy card.** Carry a printed card in the local language listing every allergen. Hand it to restaurant staff before ordering.
- Airline notice.** Call the airline 48 hours ahead. Ask whether they can refrain from serving the allergen on your flight and request pre-boarding to wipe down the seat and tray.
- Restaurants and street food.** Avoid buffets and shared fryers. Skip street food for severe allergies.
- Pack safe snacks.** Bring shelf-stable foods you know are safe for the entire trip plus delays.
- Allergy action plan.** Carry a written, signed action plan from the allergist. Show it to caregivers, camp staff, and any provider.
- Closest ER with epinephrine.** Identify it on arrival. After any auto-injector use, go to the ER even if symptoms resolve.

### SPECIAL NEEDS KIDS



- Equipment supply.** Pack a 3-day supply of formula, feeding tube supplies, and any specialty equipment, plus the same again in your carry-on.
- Device backups.** Bring a backup of every device that keeps your child safe: extra g-tube, trach, vagal nerve magnet, suction catheters, AFOs, communication device, charger, and batteries.
- About my child sheet.** A 1-page summary: diagnosis, baseline behavior, sensory triggers, communication style, what calms them, what to never do. Hand it to any provider on arrival.
- Wheelchair planning.** If your child uses a wheelchair, have a lightweight backup or rental arranged. Ask the airline about wheelchair handling 48 hours before the flight.
- Airport assistance.** Call the airline's special assistance line to pre-arrange boarding, seat needs, and oxygen if used. TSA Cares (1-855-787-2227) will assign a screening helper at the airport.
- Seizure plan.** If your child has seizures, bring the seizure action plan, rescue medication, and a watch or phone to time a seizure.
- Routine.** Pack the same bedtime items, the same snacks, and headphones for sensory overload. Build rest days into the itinerary.
- Subspecialty hospital.** Know the closest pediatric subspecialty hospital, not just the nearest ER. Some destinations have a children's hospital an hour away that is far better equipped.

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## PEDIATRIC TRANSPLANT AND IMMUNOSUPPRESSED KIDS

- Pre-trip consult.** See your transplant team or travel medicine clinic 2 to 3 months before the trip. Bring the full itinerary so they can review destinations, altitude, drug interactions, and anything that should be postponed.
- Live vaccines.** Ask about live vaccines for your child and for siblings or close contacts traveling. Live vaccines including oral polio, nasal flu, and rotavirus can be a risk to your transplant recipient.
- Diarrhea plan.** Ask for an antibiotic prescription for traveler's diarrhea, and confirm it does not interact with anti-rejection meds. Avoid antimotility agents like loperamide unless your team approves.
- Strict food and water.** Bottled or boiled water only, including for brushing teeth. No ice. No unpasteurized dairy. No raw or undercooked meat, fish, or eggs. Only fruit you peel yourself. No street food.
- Sun.** Stricter on immunosuppression. Hat, long sleeves, SPF 30+ reapplied every 2 hours. Skin cancer risk is higher.
- Extra meds.** Pack 2 weeks of extra anti-rejection medication beyond the trip length. Split between two bags. Carry a written letter from the transplant team listing meds and the diagnosis, on letterhead.
- Avoid.** Crowds during outbreaks, petting zoos and farms, fresh-water swimming, and anywhere with poor sanitation. Masks in airports and on planes if your team recommends.
- Nearest transplant center.** Identify it before you go. If your child has a fever above 100.4 F, vomiting that prevents holding meds down, or any sign of rejection, do not wait. Go to the ER and call your transplant team.

## COMING HOME

- Upload visit summaries.** If your child saw a provider on the trip, upload the summary so it stays with their record. 
- File insurance claims.** Set a reminder to submit any travel insurance claims within the policy window. Most policies require submission within 60 to 90 days. 
- Watch for delayed symptoms.** For 3 weeks after international travel: fever, rash, persistent diarrhea, fatigue. Tell the pediatrician where you went.
- Restock.** Refill the travel kit while you remember what you ran out of.

## KEEP THIS LIST LIVING

The Vivid Vault app keeps your kids' medication lists, immunization records, pediatrician contacts, allergies, insurance cards, and visit summaries in one place that travels with them. Schedules adjust to local time zones. You set reminders for refills, follow-ups, and travel insurance claims so nothing falls through the cracks.

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